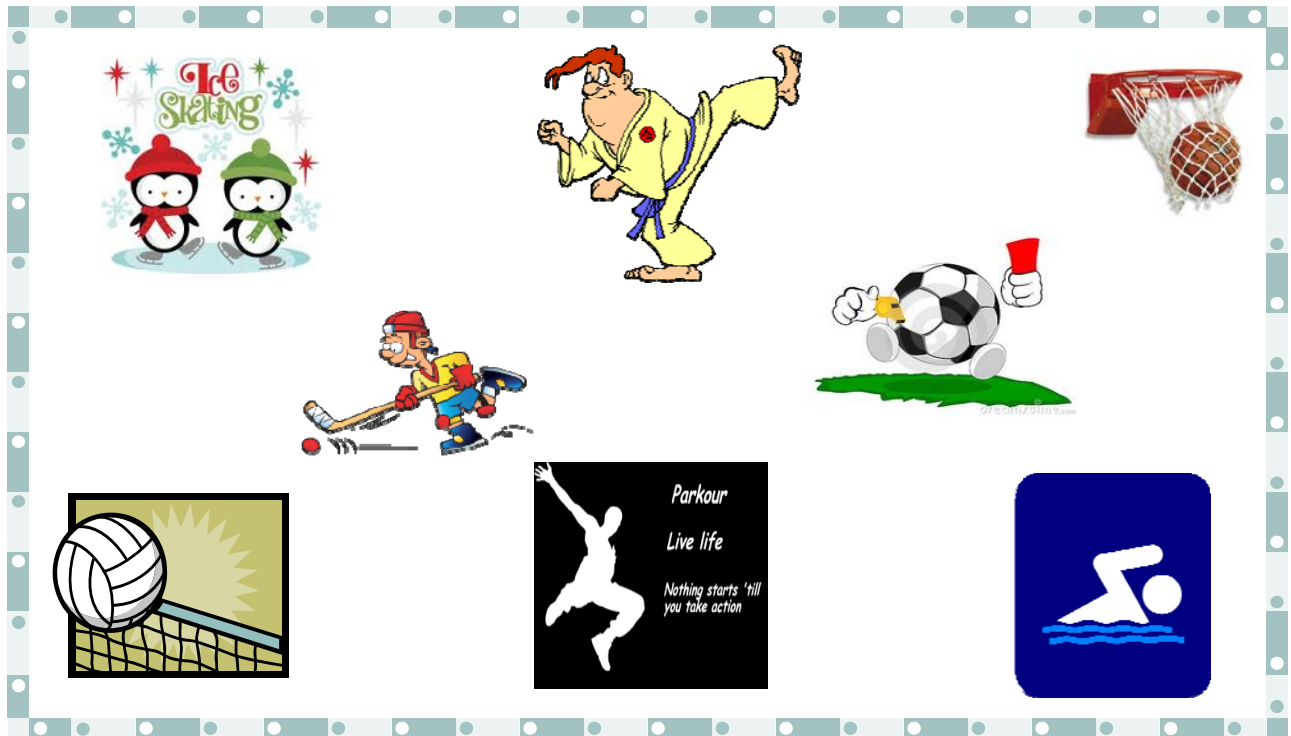


Belmont Recreation Department
A Division of Belmont's Department
of Public Works
2015-2016
School Year Programs, Events and Activities

**Recreation Activities for Every Family Member
Program Registration and Membership Sales begin
September 9, 2015**



Administrative Staff

June Howell, Program Supervisor
Ernest S. D'Agnelli, Coordinator
Susan Weiner, Special Needs Program Director

2015-2016 School Year Membership Fees

<u>Resident</u>	<u>Non-Resident</u>
Family \$195.	Family \$250.
Adult \$140.	Adult \$150.
Child \$110.	Child \$120.

Day Passes are available for Residents Only: \$5.00

Membership or a day pass is required for admission to the Higginbottom Pool, Wenner Field House and the Vigliolo Skating Rink. **Membership Fees are Non-Refundable**

Registration General Information

**Registration may be completed by mail, in the Recreation Office or online at
www.belmont-ma.gov/recreation**

Forms of Payment Accepted

Cash

Check

****Electronic Check**

***Visa**

***Master Card**

***Discover**

***American Express**

***Please Note that processing fees will be assessed if using these forms of payment, whether online or in the office..**

****Not available for in office purchase**

Belmont Recreation Department

PO Box 56, Belmont MA 02478

Phone: 617-993-2760

Fax: 617-993-2761

Recorded Information: 617-993-2768

www.belmont-ma.gov/recreation

Mission of the Recreation Department

The Belmont Recreation Department promotes opportunities for Town residents to participate in a variety of healthy and enjoyable activities year round, which satisfy the diverse interests of Belmont residents.

The Recreation Commission has ZERO TOLERANCE for misconduct by a participant or parent while at a Recreation Department program or facility. Any person who willfully disregards Recreation Commission policies may be removed from the program and/or have their membership privileges revoked.

The use of tobacco is prohibited in any school building and on all school grounds.

The Recreation and Health Departments encourage you to use skin protection whenever participating in outdoor activities.

All programs are subject to change or cancellation. Refunds for programs are reviewed upon request but not guaranteed and refunds are NOT given once a program has begun.

MEMBERSHIP FEES ARE NON-REFUNDABLE.

After School/Evening Programs for School Year 2015-2016

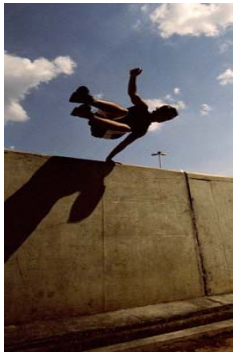
Registration forms for these programs are at the back of this brochure

KARATE

With Grand Master Steve Nugent and his staff



<u>Age/Class Time</u>			<u>Session Dates/Fees</u>		
Little Dragons	Ages 3 & 4	4:30-5 pm	<u>Session #1</u>	Sept. 9 - Dec. 16 (no 11/11 or 11/25)	\$308.00
Little Ninjas	Ages 5-7	5-5:45 pm	<u>Session #2</u>	Jan. 6 - Mar 30 (no 2/17)	\$264.00
Juniors	Ages 8-14	5:45-6:30 pm	<u>Session #3</u>	April 8 - July 1 (no 4/20)	\$242.00



Parkour Ages 12 and over

Wednesdays, 6:15 - 7:45 pm. at the Chenery Middle School

<u>Session 1</u>	Sept. 30 - Nov. 18 (no 11/11)	7 classes	\$70.00
<u>Session 2</u>	Jan. 6 - Mar. 30 (no 2/17)	12 classes	\$120.00
<u>Session 3</u>	April 6 - June 22	11 classes	\$110.00

Drop In: \$15 per class

Test your strength, build your endurance and have fun! Parkour is a combination of running, climbing, swinging, vaulting, jumping, and rolling. Instructor Blake Evitt is a pro who has competed all over the world in this challenging sport

Musical Theatre Fall Production - Alice in Wonderland

Come Join the Cast!

Wednesdays this fall in the Town Hall Auditorium
September 16—December 16 (excludes 11/11 and 11/25)

Grades 1 & 2:	4:00 - 5:00 pm	\$185.00
Grades 3 - 5:	5:00 - 6:15 pm	\$215.00

There will be a Spring Production, which musical is still undecided.



School Vacation Fun

All Sports Clinics

Dec. 28-30	9 am—3 pm	Butler Elementary School	\$145. weekly	\$50. daily
Feb. 16-19	9 am—3pm	Butler Elementary School	\$180. weekly	\$50. daily
Apr. 19-22	9 am—3 pm	Butler Elementary School	\$180. weekly	\$50. daily

Flag Football

Apr. 19-22	9 am—3 pm	Wellington Elementary School	\$180. weekly	\$50. daily
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Note:

Registration for these programs is not available online. Registration forms for these programs are located in the back of this brochure or on the Department's website.

Dolphins Swim Team



Tryouts for potential new Dolphins: @ Belmont High School, Higginbottom Pool

ages 10 and under..Sept. 14

ages 11 and over..Sept. 15

Tryout registration begins at 5:30 pm...tryouts begin at 6 pm

Minimum Requirements:

Children ages 8 and under must be able to swim 1 length of the pool using 2 of the 4 competitive strokes

Children ages 9 and 10 must be able to swim 1 length of the pool using 3 of the 4 competitive strokes

Children ages 11 and over must be able to swim 2 lengths of the pool using 3 of the 4 competitive strokes

All ages must be able to dive.

Parents are not allowed in the pool or locker room area during try-outs, no exceptions

This popular swim program is a wonderful opportunity for children interested in competitive swimming to try the sport for the first time and has helped develop youngsters into very talented swimmers throughout past seasons.

The Dolphin coaching staff places a tremendous emphasis on skill development in all four competitive strokes.

Our belief is that long-term, proper swim technique translates into outstanding swimming performance.

In addition to proper mechanics, the program focuses on competition, teamwork and fun. The team is part of the Middlesex League (Winter Suburban Swim League), which consists of 14 teams from around the region.

Swim meets are held from December through mid-March usually on Sundays. Team members typically have the opportunity to swim all events throughout the season allowing them to develop speed and skill in all strokes.

Twice weekly workouts are tailored to meet the individual needs of each swimmer.

Meet the Coaching Staff

Megan Olowinski, our head coach, has been with the Dolphin program for over 20 years as a swimmer and assistant coach and is returning for her 13th season as head coach

Amanda Matarese lives and works in Boston and grew up swimming in Rhode Island

Siobhan Reardon, a former Dolphin swimmer is returning for her 6th year

Bob Reardon will return for a 5th year. Bob is also a former Dolphin swimmer and coaches with Belmont High School

James Saidnawey is a former Dolphin Captain who lives and works in the Boston area

Philip Saidnawey returns to the team after his service with the USMC. Philip is also a former team Captain

All of our coaches are committed to helping swimmers be the best they can be and achieving all their personal bests

About “Parents of Dolphin Swimmers” (PODS)

Parents of Dolphins (PODS) is a not-for profit (tax exempt) parent volunteer organization dedicated to supporting the Dolphins team and coaching staff. PODS organizes equipment sales, team pictures, stroke technique clinics and a number of other events throughout the season. The most important function of PODS, however, is to organize and run the swim meets. All of the swim meets your child will participate in are run almost entirely by parent volunteers. Volunteers time, score, judge, oversee pool safety and manage the snack bar. Parents of all team members are expected to volunteer in running the swim meets and other PODS activities.

PODS raises money for program support through: equipment sales, stroke clinics and the snack bar. Please be aware that, in cases of financial hardship, PODS may be able to contribute toward the cost of the Dolphins Program Fee charged by the Recreation Department. Funds are very limited and are given only after documentation of enrollment in Mass Health or the free school lunch program. Please contact PODS for further information.



Children's Swimming Lessons

at the Higginbottom Pool

Ages 18 months and Over

Levels 2-7

Due to the depth of the shallowest end of the pool, children uncomfortable in the water must be at least 48 inches tall. Children will progress and be evaluated throughout the session as levels and skills increase.

Please be respectful of the rules of the Belmont School Department and

DO NOT BRING FOOD OR DRINKS INTO THE POOL AREA. FAILURE TO ABIDE BY THIS RULE COULD RESULT IN YOU BEING ASKED TO LEAVE THE POOL AREA.

Please review the descriptions and choose your child's swimming level at registration

Level 2: **Very Comfortable** in the water, will learn floats, rhythmic breathing, start the crawl stroke

Level 3: Work on crawl stroke, elementary backstroke and back crawl stroke.

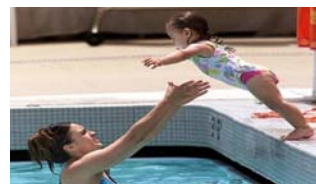
A level 3 swimmer should be able to swim 15 yards independently

Level 4: Introduction to breaststroke and sidestroke development

Level 5: Continue working on breast and sidestroke development

Level 6: Competitive skill development, work on butterfly

Level 7: Concentration on stroke refinement and endurance



Parent/Toddler Swimming: ages 18 mos - 4 yrs

Children and their parents will participate in several guided practice sessions that help children learn elementary skills, including water entry, bubble blowing, front kicking, back floating, underwater exploration and more.

The 30 minute classes are not designed to teach your toddler to swim but to expose them to the water in a safe, fun environment. Parents are provided with information and techniques to help lay the foundation for future swimming lessons.

This program is a fun and positive bonding experience for both parents and children.

Level Times

Levels 3-7 9-9:45 am OR **3:15-4 pm**

Level 2 10-10:45 am OR **4:15-5 pm**

Toddlers 11-11:30 am OR **5-5:30 pm**

Fees: (a 2015-16 school year membership is required)

Sessions 1 & 2: \$75.00 (7 classes)

Session 3: \$65.00 (6 classes)

Session Dates:

Session One: Oct. 10, **17**, 24, 31, Nov. 7, 14, 21

Session Two: Jan. 9, 16, **23**, 30, **Feb. 6**, 13

Session Three: Feb. 27, **Mar. 5**, 12, 19, April 2, **9**

Dates in red indicate that class will be held in the afternoon due to college testing at Belmont HS
Please Note: Classes are NOT offered as either/or

Private Swimming Lessons

Our certified instructors are available to offer either private or semi-private swimming lessons to you or your child.

Please note that the Recreation Dept. does not pair students. Register by mail or at the Recreation Dept. office.

A 2015-2016 school year membership is required.

Cost:

4 - 30 minute private lessons: \$140. (one student only)

4- 30 minute semi private lessons: \$200. (2 students maximum)

4- 30 minute mini group lessons: \$240. (3 students maximum)

Children's Ice Skating Lessons



Beginners: Ages 3, 4 and Kindergarten: 30 MINUTE CLASS and 10 MINUTES PRACTICE TIME AT END OF CLASS

This class focuses on developing the coordination and strength needed to maneuver on skates. Our goal is for the children to learn proper technique and have fun.

Levels 1-8: 40 MINUTE CLASS (30 MINUTES INSTRUCTION FOLLOWED BY 10 MINUTES OF INDIVIDUAL PRACTICE)

This program will introduce the fundamental moves, forward and backward skating, stops, crossovers and turns. Upon completion of these levels, skaters will have the basic knowledge of the sport enabling them to advance to more specialized areas of skating such as figure skating, dance and hockey.

PARENTS: PLEASE REMEMBER THAT IF YOUR CHILD HAS ANY ISSUES SUCH AS ATTENTION, BEHAVIOR, LANGUAGE BARRIER, ETC., YOU SHOULD LET YOUR INSTRUCTOR OR OUR DIRECTOR, SU RIBIERO KNOW SO THAT YOUR CHILD GETS THE MOST THEY CAN OUT OF THE PROGRAM. YOUR CHILD SHOULD BE COMFORTABLE IN A GROUP LESSONS SETTING, THESE LESSONS ARE NOT DESIGNED FOR ONE-ON-ONE INSTRUCTION.

HELMETS MUST BE WORN DURING THESE LESSONS; NO CHILD WILL BE PERMITTED ON THE ICE WITHOUT A HELMET. BIKE HELMETS ARE NOT ACCEPTABLE. NO DOUBLE RUNNER SKATES

Skates should be no larger than the child's shoe size; bigger skates hinder progress. We recommend you purchase from a good Sporting Goods shop to insure proper fit. Do not have the picks shaved off. One pair of light socks should be worn.

- When lacing skates remember they should be comfortable to snug through the toe area, snug over the arch and tight through the ankle. (use small sponges if the ankle is tender) You should be able to insert one finger behind the tongue at the top of the boot, to first knuckle, when laced.
- Hats, mittens and a warm jacket should be worn during the lesson. Elbow and knee pads are NOT recommended.
- Please put child's FIRST and LAST NAMES on the FRONT of the HELMET so that it can be seen by the instructor.
- *Children need to arrive on time for class, please arrive early so that skaters can be ready on time. Be sure your 3 or 4 year old child is prepared to be away from you with the group for the 30 minute class.*
- Parents are not allowed on the ice, NO EXCEPTIONS.
- Please see the Director, Su Ribeiro for questions during class, instructors will be available after class if you wish.
- *The first few weeks, as children's abilities emerge, coaches may move children to the class that will benefit them most.*

A 2015-2016 School Year Membership is required

Session Dates

Session 1: Nov. 7, 14, 21, 28, Dec. 5, 12, 19
FEE: \$75.00

Session 2: Jan. 2, 9, 16, 23, 30, Feb. 6, 13, 20
FEE: \$85.00

Class Times

Ages 3, 4 & 5.....10-10:40 a.m.

Ages 6 & over.....10:40-11:20 a.m.

OR

11:20 a.m.-12 noon





SKI NASHOBA VALLEY ON SATURDAY NIGHTS



The Recreation Dept. sponsors a Saturday night Ski Program to Nashoba Valley Ski Area in Westford, MA for children in **Grades 5 – 12**. Transportation is provided by coach bus from Belmont High School.

Departure is at 5 p.m. and the group returns at approximately 11 p.m.

Parent volunteers are needed to chaperone this popular program.

All chaperones are offered a lift ticket, rentals and optional lessons at no charge

Enjoy a night of skiing or you may choose to spend the evening by the fire in their cozy lodge or dine at Nashoba's Outlook Restaurant.

Group lessons are available at no additional charge for all registered skiers and chaperones.

ONLINE REGISTRATION IS NOT AVAILABLE

2016 Dates: Jan. 9, 16, 23, 30, Feb. 6, 13

****Please note you must write out three separate checks****

\$150 Payable to Town of Belmont (Bus Transportation)

\$175 Payable to Nashoba Valley (Program fee)

\$105 Rentals (optional) Payable to Nashoba Valley

**Please bring your check for rentals on the night of the pre-fit,
December 7, 2015 from 4:30-5:30 pm at the Recreation Dept. office**

Cost of rentals increases to \$115 if rented after the pre-fit on Dec. 7, 2015

A complete registration form can be found in the back of this brochure or on the Department's website

All participants must sign the Recreation Department's code of conduct before registration is accepted.

SNOW TUBING

Date:

**Planned for the Saturday night
immediately after our ski program ends**

Cost: TBA

Enjoy a night at Nashoba Valley's Tubing Park. Planned for the 1st Saturday night after our ski program ends which is tentative, depending on weather related cancellations during the ski program. Space is limited!

We will travel by school bus, leaving Belmont High at 5 p.m. and returning at 11 p.m.

Register at the Recreation Department.

Please check the website for updates and details.

Fitness and Exercise Programs For Adults



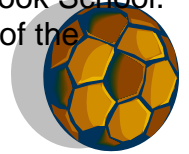
Teen/Adult Soccer

Ages 16 and over

**Fee: \$50. with 2015-2016 membership
\$110. non members**

Join others who just can't seem to get enough soccer! Informal games three days a week, Sundays and Tuesdays at the BHS Field House and Thursday evenings at the Winn Brook School.

A complete schedule of dates and times will be posted on the Adult Soccer page of the Recreation Dept. website, www.belmont-ma.gov/recreation



Zumba

At the Beech St Center, Wednesday evenings

7-8 p.m.

Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a one of a kind fitness program that will blow you away. Our goal is simple: we want you to work out, to love working out, to get hooked!

Zumba Fanatics achieve long term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life

Session Dates/Costs

Session 1:

Sept. 9, 16, 23, 30, Oct. 7, 14, 21, 28

Cost: \$80.00

Session 2

Nov. 4, 18, Dec. 2, 9, 16, 23, 30, Jan. 6

Cost: \$80.00

Session 3:

Jan. 13, 20, 27, Feb. 3, 10, 17, 24, Mar. 2

Cost: \$80.00

Session 4:

Mar. 9, 16, 23, 30, Apr. 6, 13, 20, 27

Cost: \$80.00

Session 5

May 4, 11, 18, 25, June 1, 8, 15, 22

Cost: \$80.00

Adult Hockey Programs



Men's Program

Fee: Members: \$185.
Non-members: \$210.

Begins Monday, November 9, 2015 through Monday, March 7, 2016

A no check league for 2 hours on Monday nights beginning between 9:15 pm and 9:30 pm. All players should have knowledge of the sport and must wear helmets with face shields. Rob Leighton will continue as Coordinator this year.

Women's Program

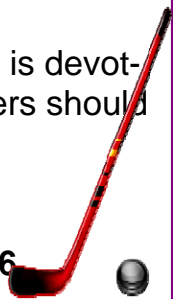
Fee: Members: \$139.
Non-members: \$157.

Begins Sunday, November 8, 2015 through Sunday, March 13, 2016

Sunday evenings for 90 minutes beginning at 6:45 pm. A portion of the ice time is devoted to skill and skating drills and the remainder is used for scrimmages. All players should be advanced skaters and have a basic knowledge of the game.

Senior Hockey

NO FEE Begins Monday, November 2, 2015 through Friday, March 11, 2016



Love the sport? Looking for some fun and exercise. Join friends on Monday, Wednesday and Friday mornings from 10-11:30 am. All players MUST wear proper hockey safety equipment, HELMETS REQUIRED.

ALL PLAYERS MUST REGISTER WITH THE RECREATION DEPARTMENT



Figure Skating Lessons Ages 10 through Adult



Sundays, 5:30-6:30 p.m.

GRADE 5 AND OVER

A 2015-16 membership required

All levels, beginner through advanced...learn to skate or improve your skills

Advanced skaters should be able to complete the following skills; strong forward crossovers, three turns, forward edges (curves on one foot) both directions and strong forward stroking. Skaters will begin to learn the more advanced elements of the sport including backward stroking, backward crossovers, footwork, edges, turns, jumps and spins.

HELMETS ARE REQUIRED FOR EVERY SKATER

Session 1: November 8, 15, 22, 29, Dec. 6, 13, 20
FEE: \$96.00 (7 classes)

Session 2: January 3, 10, 17, 24, 31, Feb. 7, 14, 21
FEE: \$110.00 (8 classes)



Training and Certification



LIFEGUARD TRAINING:

Dates, times and fees for this course are still TBA.

This American Red Cross training course will be held at Belmont High School's Higginbottom Pool. Participants must be at least 15 years of age at the start of the course.

WATER SAFETY INSTRUCTOR COURSE:

Dates, times and fees for this course are still TBA

This training course will be held at the Higginbottom Pool at Belmont High School. Participants must be at least 16 years of age at the start of the program.

Babysitter Training

A 2 night course

Tuesdays, Oct. 6 & 13

Home Alone plus Caring for Siblings Training

A 2 night course

Tuesdays, Oct. 20 & 27

These courses will be held in the Conference Room at the Beech Street Center.

A minimum of 5 participants are needed

Participants must be at least 11 years of age at the start of the program.

Cost: \$40 per person. Must attend both classes

Learn valuable information to land that babysitting job you want
or learn how to feel secure when you are home alone.

Sign up for one or both of these courses

Special Events

For Students in Grades 5 & 6 General Information

Dance Parties

Oct. 23, December 18 and June 10

7-9 pm

All dance parties are held at the Beech St Center

Due to capacity restrictions, these parties are limited to 240 individuals

Cost is \$7.00 in advance or \$10.00 at the door

Local DJ Paul Madden will be there with music and games

Raffle prizes or contest prizes will be awarded

Friday Night Jumps at Launch, Watertown

7-9 pm

Feb. 26 and April 29, 2016

2 hour jump with a DJ playing today's hottest music

Advance Registration is required

Cost \$16.00

All students and chaperones must complete a waiver of liability from Launch. That waiver is available on the Recreation Dept. website or may be completed online at www.launchwatertown.com.

Local Youth Organization Contacts

Belmont Youth Soccer Assoc.	Grades 3 and up	www.belmontsoccer.com
Belmont Second Soccer Assoc.	Grades K-2	www.belmont2ndsoccer.org
Belmont Youth Basketball Assoc.	Grades 3 and up	www.belmontyouthbasketball.com
Belmont Youth Baseball, Softball	Ages 7 and up	www.belmontyouthbaseball.org
Belmont Youth Hockey	Ages 4 & up	www.belmontyouthhockey.org
Junior Marauders Football	Grades 7&8	www.leaguelineup.com/jrmarauders
Belmont/Watertown Youth Football and Cheer	Grades 1-6	www.wbyouthfootball.com
Belmont Youth Lacrosse	Grades 1-8	www.belmontyouthlacrosse.org
Belmont Field Hockey	Ages 10 & over	belmontfieldhockey@gmail.com
Generation Tennis	Ages 4 & over	www.generationtenniscta.com



Director: Susan Weiner

A Division of Belmont Recreation

**The Recreation Department's Award Winning S.P.O.R.T. program
(Special Programs Organized for Recreation Time)**

A year round program which provides activities for individuals with intellectual disabilities. Participants of all ages and levels are welcome to enroll. Funding for this program is provided by the Towns of Belmont and Watertown, user fees and private donations. Dedicated volunteers enable the S.P.O.R.T. Program to offer many outstanding programs at nominal fees. We promise continued excellence in recreation programming for individuals with special needs.

Belmont S.P.O.R.T. consistently sends one of the largest contingencies of athletes to the Massachusetts Special Olympics

The Belmont S.P.O.R.T. program offers year round, rewarding volunteer and community service opportunities.

Call the Recreation Department at 617-993-2760 for more information.

Registration Information

Registration for the Belmont S.P.O.R.T. 2015-2016 season is currently underway. Complete brochures are available at the Recreation Department, on the Dept. website or online at www.belmontsport.org

Like Belmont S.P.O.R.T. on Facebook



You miss 100% of the
shots you don't take

Facilities Schedules

Please remember to check the Recreation Calendar or call 617-993-2768 for daily updates.
These schedules serve as a guide and are subject to change.

Higginbottom Pool At Belmont High School

September 12, 2015 through May 20, 2016

Generally, the Higginbottom Pool will be open for lap swimming Monday and Wednesday evenings from 8:15-9:15 pm beginning October 14, 2015. The pool will also be open for public and lap swimming on Friday evenings beginning October 9, 2015 as well as Saturday and Sunday afternoons beginning September 12

Check the Recreation calendar for daily schedule or call the recorded information line at 617-993-2768.

The pool will be closed on all school holidays and may be closed for swim meets or other special events. The Recreation calendar and recorded information line will have up to date information on pool schedules.

Wenner Field House Schedule Sept. 21, 2015-May 26, 2016

The Wenner Field House is located at Belmont High School

A current Recreation membership or day pass is
required for admission to the Field House.

Open Monday through Wednesday evenings for **adults only** from 7:30-9:30 pm.

Thursday Night is Family Night/Open Gym: 7:30-9:30 pm.

Facilities may be used for individual activity or participation in Recreation programs. The Field House offers an indoor track, basketball and volleyball courts and a variety of activities for the whole family.

The field house will be closed on all school holidays and may be closed for other special events. The Recreation calendar and recorded information line will have up to date information on pool schedules.

MEN'S PICKUP BASKETBALL Monday and Wednesday evenings.

WOMEN'S BASKETBALL Tues. nights in the main gym. Women are invited to join informal games.

VOLLEYBALL This co-ed program on Mon. & Thurs. evenings organized by our Field House Supervisors.

OPEN GYM/FAMILY NIGHT Every Thursday evening from 7:30-9:30 p.m. Students welcome!

Public Skating at the Vigliolo Rink

Public Skating Calendars are published monthly November through March. These schedules are available online, at the skating rink or in the Recreation Department Office. You may also find the schedule on the Recreation Dept. calendar on the Dept.'s website
or call the recorded information line, 617-993-2764

The rink will open November 1, 2015 and close on March 13, 2016 (tentative date)

Conley League



Tee Ball and Baseball
Ages 4 through grade 3
For boys and girls
Season Begins the first week in May if fields
are in playable condition
Registration Begins February 16, 2016
Fee: \$70.



TEE BALL

An instructional program for boys and girls beginning at age 4. Children must be age 4 by May 2, 2016. Batting is from a tee and teaches the basic fundamentals of hitting. Kids field the balls and learn the basics of base running and throwing. Each team is named for a AAA affiliate of a major league team and each child receives a tee shirt and hat to experience the feeling of being on a team. All players in this league receive a medal at the conclusion of the season. Great way to meet new kids and discover the joy of baseball. Games are played Payson Park

BASEBALL

Designed for boys and girls in grades 1-3 or who have previously played tee ball and are ready for coach pitching. Each team is named for a Major League team and each child receives a tee shirt with a number imprinted on the back and a team hat. The rules and fundamentals of baseball are coupled with a fun, non-competitive atmosphere to promote good sportsmanship and team cooperation. Games are played at the Belmont Hill School.

General Information

- Registration deadline is 4 p.m., Thursday, April 7, 2016. If space permits after that, you may still register but will be assessed a \$20. per player late fee. There are **NO EXCEPTIONS!**
- Placement requests will be honored to the best of our ability. Please try to limit your request to siblings or one friend. Requests **cannot** be honored after the April 7th deadline.
- Teams average 2 games per week. All games begin at 6 p.m.
- Coaches are parent volunteers and we truly appreciate their talents and efforts in this league, parents, please let us know if you are willing to help out.
- All coaches must have a current CORI on file with the Recreation Department.
- New Coaches Informational Meeting and equipment pick up at 5 pm, Tuesday, April 26, 2016. We will notify everyone of the date and time.
- There will be a fun kickoff event the week before the season begins. We will notify teams where and when after registration is complete.
- Equipment will be ready for pick up at the Recreation Dept. on April 22, 2016 and should be returned after the season is over, no later than June 23, 2016

Belmont Recreation Department

Program Registration

ONE REGISTRATION FORM PER PARTICIPANT .COMPLETE AND MAIL TO:
P.O. BOX 56, BELMONT MA 02478

Participant	Age	Grade	DOB	M/F	School
Address	Town	Zip	e-mail address		
Parent/Guardian Name (print clearly)	Phone		Emergency Phone		
Program Name	SESSION / DATE		LEVEL	TIME	
Program Name	SESSION / DATE		LEVEL	TIME	
Program Name	SESSION / DATE		LEVEL	TIME	
Program Name	SESSION / DATE		LEVEL	TIME	
Program Name	SESSION / DATE		LEVEL	TIME	
Program Name	SESSION / DATE		LEVEL	TIME	
Program Name	SESSION / DATE		LEVEL	TIME	

Will your child require any special accommodations/placement? _____

I, the undersigned, waive Belmont Recreation Department of all liability for any injuries, illnesses or loss of property while at Belmont Recreation Department's programs. In the event that I/my child should require any minor medical or surgical treatment and/or medication during Recreation Department programs, I authorize such physician or emergency care staff that the Belmont Recreation Department may appoint or designate to carry out the necessary treatment, or to take me/my child to the emergency room of the nearest hospital and I further authorize the hospital and its medical staff to provide the treatment deemed necessary by them for the well being of myself/my child. It is understood, however, that if hospitalization or treatment of a more serious nature is required, I will be contacted by telephone for permission.

Participant/Parent/Guardian (must be 18 years or older) _____ Date _____

The Recreation Commission has a **ZERO TOLERANCE POLICY** for misconduct by a participant or parent while at a Recreation Dept. program or facility. Any person who willfully disregards Recreation Commission policies may have their membership/participation privileges revoked.

Parkour Class



**Test your strength, build your endurance and have fun! Parkour is a combination of running, climbing, swinging, vaulting, jumping, and rolling.
Instructor Blake Evitt has competed all over the world in this sport.**

Wednesday Evenings 6:15 - 7:45 pm
At Chenery Middle School Small Gym

Session 1: September 30 - November 18 (no 11/11)	Cost: \$70.00
Session 2: January 6 - March 30 (no 2/17)	Cost: \$120.00
Session 3: April 6 - June 22 (no 4/20)	Cost: \$110.00
Drop In: \$15.00 per class Ages: 12 and up	

Please complete and return to Belmont Recreation Department, PO Box 56, Belmont, MA 02478

Make Checks payable to: Parkour Generations Americas
Registration Form

Name _____ Age _____

Address _____

Parent/Guardian Name (print) _____

Phone _____ Alt Phone _____ Email _____

I, the undersigned, waive Belmont Recreation Department and Parkour Generations of America of all liability for any injuries, illnesses or loss of property while at Belmont Recreation Department and Parkour Generations of Americas programs. In the event that I/my child should require any minor medical or surgical treatment and/or medication during Recreation Department programs, I authorize such physician or emergency care staff that the Belmont Recreation Department may appoint or designate to carry out the necessary treatment, or to take me/my child to the emergency room of the nearest hospital and I further authorize the hospital and its medical staff to provide the treatment deemed necessary by them for the well being of myself/my child. It is understood, however, that if hospitalization or treatment of a more serious nature is required, I will be contacted by telephone for permission.

Signature (parent/guardian) _____ Date _____

The Recreation Commission has a **ZERO TOLERANCE POLICY** for misconduct by a participant or parent while at a Recreation Dept. program or facility. Any person who willfully disregards Recreation Commission policies may have their membership/participation privileges revoked.

Please indicate what session you are signing up for: Session 1 _____ Session 2 _____ Session 3 _____

2015-2016 KARATE Ages 3-14

Wednesday afternoons at the Beech St Center

Grandmaster Steve Nugent and his staff of experts will teach the basics and beyond to children as young as 3 and to young teens up to age 14.

Tuition includes a Karate uniform and belt as well as all future belts, stripes and patches earned

Session 1: September 9 to December 16 (no 11/11 or 11/25) Cost: \$308.00

Session 2: January 6 to Mar. 30 (no 2/17) Cost: \$264.00

Session 3: April 8 to July 1 (no 4/20) Cost: 242.00

LITTLE DRAGONS ages 3 & 4

A fun-filled 30 minute class focusing on listening, balance, gross motor skills, basic stances and FUN!

4:30-5 p.m.

LITTLE NINJAS ages 5-7

A 45 minute class concentrating on proper form, punches, blocks and kicks. Stretching, concentration, attitude and discipline are always stressed. Stranger awareness, fire safety and nutrition are also taught.

5-5:45 pm

JUNIORS ages 8-14

A 45 minute class that gets into a deeper understanding of techniques and forms. In addition to Karate, the class stresses the importance of academic achievement and exercise as a way of life

5:45-6:30 pm

Please complete **BOTH SIDES** and return this form to Belmont Recreation Dept. PO Box 56, Belmont MA 02478

MAKE CHECKS PAYABLE TO STEVE NUGENT'S KARATE INSTITUTE

Participant Name _____ Age _____ Date of Birth _____

Address _____ Primary Phone _____

Alternate Phone _____ Email Address _____



Session(s) Registering For

Sess 1 _____ Sess 2 _____ Sess 3 _____



Steve Nugent's Karate

Last name_____ First name_____

Address_____

City_____ State_____ Zip_____

Father's name_____ Ph._____

Mother's name_____ Ph._____

Child's birth date_____/_____/_____

E Mail_____

How did you hear about SNKI?_____

Has your child studied martial arts before?_____

If so, where?_____

Does your child have any physical challenges?_____

Is your child taking any prescription meds?_____

Does your child have any allergies?_____

If yes, what are they?_____

What are your child's average school grades? Please circle:

Below average Average Above average

Describe your child's personality: (circle a number. 0 being the lowest, 10 being the highest)

Attention Span 0 1 2 3 4 5 6 7 8 9 10

Follows Rules 0 1 2 3 4 5 6 7 8 9 10

Relates to peers 0 1 2 3 4 5 6 7 8 9 10

If your child were in Martial Arts training now, what would you like to see them achieve? __Strength __Confidence __Self Defense

__Weight Loss __Attention __Self Control __Focus

__Better Grades __Flexibility __Speed __Balance

I recognize and acknowledge that there is a known risk of injury involved in participation of Karate. I agree to assume all risk and agree that Steve Nugent's Karate Institute Inc. will not be held liable for any damages not caused by or resulting from the negligence of the owners, operators, agents, or persons in charge of such establishment, or servants or employees. I also understand that I or my child does not have to participate in any activity or training that I or he/she does not feel is in their best interest.

Signature of Parent_____ Date_____

Jodi Adams' THEATER PRODUCTION

Alice In Wonderland Jr.

September 16-December 16, 2015

Join the cast of this magical musical production

Wednesday afternoons in the Town Hall Auditorium



Join Alice as she chases the White Rabbit, races the Dodo Bird, raps with a bubble blowing Caterpillar, beats the Queen of Hearts and gets tied up with Tweedle Dee and Tweedle Dum.

Songs include Zip-A-Dee-Doo-Dah, I'm Late, the Un-Birthday Song and Painting My Roses Red

We need a large cast, including Alice, Small Alice and Tall Alice, Caterpillar which is played by 5 actors, the Cheshire Cat, played by 3 actors, Flowers, lobsters, White Rabbit, Tweedle Dee and Tweedle Dum, Mad Hatter, March Hare, Queen of Hearts and Mathilda.

Children will work together to create this magical, musical stage production! Children build self esteem and confidence while gaining skills in acting, singing and dancing.

Grades 1 & 2 rehearse from 4-5 pm

Grades 3 - 6 rehearse from 5-6:15 p.m.

Cost:

Grades 1&2 \$190. Grades 3-6 \$220.

Run through entire cast: Dec. 2, 4-6:30 pm

Dress Rehearsal entire cast: Dec. 9, 4-6:30 pm

Show: December 16, 5:30 pm

Registration
Form

Please make checks payable to: Jodi Adams

Name_____DOB_____Grade_____

Address_____email_____

Home Phone_____Emergency Number_____

Signature of Parent_____Date_____

I, the undersigned, waive Belmont Recreation Department and Jodi Adams of all liability for any injuries, illnesses or loss of property while at Belmont Recreation Department's programs. In the event that I/my child should require any minor medical or surgical treatment and/or medication during Recreation Department programs, I authorize such physician or emergency care staff that the Belmont Recreation Department may appoint or designate to carry out the necessary treatment, or to take me/my child to the emergency room of the nearest hospital and I further authorize the hospital and its medical staff to provide the treatment deemed necessary by them for the well being of myself/my child. It is understood, however, that if hospitalization or treatment of a more serious nature is required, I will be contacted by telephone for permission.

Special Events Registration Form

Registration Form...Please check all events you would like to attend. Send payment made payable to:
Belmont Recreation Dept. PO Box 56, Belmont MA 02478
PLEASE COMPLETE AND ATTACH LAUNCH'S WAIVER, found on the Dept website or at
www.launchwatertowon.com

Name _____ Grade _____

Primary Phone _____ Emergency Contact Number _____

Address _____

Concerns/Issues we
should be aware
of _____

Halloween Dance Party
October 23, 2015 ☐



Holiday Dance Party
December 18, 2015 ☐

Launch
February 26, 2016 ☐



Launch
April 29, 2016 ☐

Summer Blast Off
Dance Party
June 10, 2015 ☐



I, the undersigned, parent/guardian of _____, a minor, or myself as a participant, do hereby consent to my/ his/her participation in voluntary athletic programs and do forever release, acquit, discharge, and covenant to hold harmless the Town of Belmont from any and all actions, causes of action, and claims on account of, or in any way growing out of, directly or indirectly, all known and unknown personal injuries or property damage which I may now or hereafter have for myself or as the parent of said minor, and also all claims or right of action for damages which myself or said minor has or hereafter may acquire, either before or after I/ he/she has reached his/her majority resulting from his/ her participation in Belmont Recreation programs.

It is understood that in the event that I/my child should require any minor medical or surgical treatment and/or medication during this event and I am not present, I authorize such physician or emergency care staff that the Belmont Recreation Department may appoint or designate to carry out the necessary treatment, or to take my child to the emergency room of the nearest hospital and I further authorize the hospital and its medical staff to provide the treatment deemed necessary by them for the well-being of myself/my child. It is understood that if hospitalization or treatment of a more serious nature is required for my child, every effort will be made to contact me.

Name of participant

Signature of participant (or legal guardian if under 18 years of age)

Date

BELMONT RECREATION DEPARTMENT

SKI NASHOBA 2016

Grades 5-12

Jan. 9, 16, 23, 30, Feb. 6, 13

Name (participant): _____

*If you are signing up more then one child- please fill out additional forms.

Address: _____

Home Phone: _____ EMERGENCY PHONE _____

Grade: _____ Date of Birth: _____ Email: _____

CIRCLE ONE: Skiing or Snowboarding **Renting Equipment** Yes/No **Lessons** Yes/No

DATE _____ SIGNATURE OF PARENT/GUARDIAN _____

PAYMENTS: \$150 TOWN OF BELMONT \$175 NASHOBA VALLEY

The pre-fit will be held on December 7 at 4:30—5:30 pm at the Recreation Department.
Rental fee: \$105 night of pre-fit OR \$115 if rented after pre-fit

PARTICIPANTS CODE OF CONDUCT

FOR THE SAFETY OF ALL THE CHILDREN IN THIS PROGRAM, THE RECREATION COMMISSION HAS ZERO TOLERANCE FOR MISCONDUCT BY A PARTICIPANT OR PARENT WHILE AT A RECREATION DEPT. PROGRAM OR FACILITY. ANY PERSON WHO WILLFULLY DISREGARDS RECREATION COMMISSION RULES MAY HAVE THEIR MEMBERSHIP PRIVILEGES REVOKED.

SKI NASHOBA POLICIES:

All participants must check in and out with the chaperone assigned to their designated bus.

All participants are assigned to the SAME BUS for the six weeks, and understand that the bus they are on the first night will be their bus for the remainder of the program.

All participants understand that if they miss the first night due to any reason they will be assigned to a bus based on availability. A friend/sibling MAY NOT save them a seat on the bus on the first night.

Absolutely no drugs or alcohol allowed, under any circumstances. Police will be notified immediately.

Absolutely no fighting, foul language or bullying will be permitted.

Students must treat the bus, as well as Nashoba Valley with respect

Students must treat all adults and peers with respect

Communication is important to us and all information will remain confidential. Students are encouraged to speak with a chaperone in any event of concern.

I, as a student of the Belmont Ski Nashoba Program, have read the policies of the Ski Nashoba trip and understand that if I do not abide by these rules that I may face disciplinary action or may have my Ski Nashoba rights revoked.

Student Name	Student's Signature	Date
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Parent/Guardian Name	Parent/Guardian's Signature	Date
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School Vacation Fun
At Butler Elementary School
9 am - 3 pm
Grades: K - 6



All Sports Clinics at the Butler Elementary School

Dec. 28-30	\$145. weekly	\$50. per day
Feb. 16-19	\$180. weekly	\$50. per day
Apr 19-22	\$180. weekly	\$50. per day

Flag Football at the Wellington Elementary School

Apr 19-22	\$180. weekly	\$50. per day
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Registration Form

Name _____ Age _____ Date of Birth _____

Address: _____

Town: _____

Primary Phone _____ Email _____

Emergency Person/Phone Number: _____

Release Form and Policies

The signed participant has my permission to participate in the All Sports Clinic. I understand and accept the condition that neither the Town of Belmont, NE Elite Sports Clinics, Inc. it's directors nor coaches or the site owner will assume responsibility for medical and dental expenses incurred as a result of participation in this clinic. I also confirm that the participant has personal medical insurance coverage and that any expenses incurred while at the clinic is my responsibility. In case of an emergency, I understand that every attempt will be made to contact the person listed. If contact is unsuccessful, I give permission to the attending medical personnel to render medical treatment to the participant.

Parent Signature _____

Insurance Company & Policy #: _____

please make checks payable to NE Elite Sports Clinics, Inc.

Return to: Belmont Recreation Dept..PO Box 56, Belmont, Ma 02478

Please check clinic/dates you will attend

All Sports: December _____ February _____ April _____ **Flag Football** April _____

Please check what days you will be attending:

All week _____ Tuesday _____ Wednesday _____ Thursday _____ Friday _____